Volume 82, No. 14 **April 7, 2006 Your Navy Starts Here** 

### Media gets glimpse of Battle Stations 21 under construction

**Bv JIM BOYLAN and** JUDY R. LAZARUS

**Bulletin Associate Editors** 

Members of the local media received a tour this week of the new Battle Stations 21, now under construction. and slated for completion in February 2007. This 12-hour culminating event of recruit training will feature reality-based training scenarios, using modern special effects equipment. It will replace the present Battle Stations which uses lower-tech simulations and takes place in five separate buildings.

Among those touring the facility were Rear Adm. Gary Jones, commander, Naval Service Training Command/Navy Region Midwest; Capt. Ramé Hemstreet, commanding officer, Naval Facilities Engineering Command Midwest; CMDCM(SW/AW) James Parlier, former command master chief of the USS Cole and command master chief of Naval Station; Rep. Mark Kirk and his legislative team;

and members of the James McHugh Construction team.

The new Battle Stations 21 is part of the 10-year, \$763 million recapitalization of Recruit Training Command. The approximately 155,000 square-foot complex will include RTC headquarters, the Recruit Division Commander (RDC) School, and the state-of-the-art Battle Stations trainer which will be named USS Traver, in honor of the first Navy member to be an RDC, in

"There is so much emotion tied to this project," said Sheila Donna Sheridan. senior project manager, James McHugh Construction Co., who led the tour. "There will be realism and special effects extraordinaire aboard this simulator. We are extremely proud of it and we're going to make the Navy very proud that they picked

"This is part of the image of the present

See BATTLE STATION 21 page 2



Touring Battle Stations 21
Rear Adm. Gary R. Jones (left), commander NSTC/Naval Region Midwest, addresses the press April 3 during a tour of Battle Stations 21, located on Recruit Training Command. Accompanying Jones was Rep. Mark Kirk (center) of the 10th District of Illinois. Sheila Donna Sheridan, senior project manager, for James McHugh Construction Co. builder of Battle Stations 21, served as tour guide. The project is slated to open in February 2007. Photo by FC2(SW) Jason Mosher

### WII Navy nurse returns for Great Lakes visit

By JUDY R. LAZARUS **Bulletin Associate Editor** 

As a member of the Navy Nurse Corps, Josephine Schabowicz came to Great Lakes in 1948 when the Naval Hospital was housed in Building 1-H, now the home of Naval Institute for Dental and Biomedical Research.

"I was at the base to manage the indoctrination of nurses new to the Navy," noted the 89-year-old retiree. "I taught them to drill, to swim, and some Navy lingo. In fact, I couldn't even swim myself, but I took lessons while I was here.'

Her group included the first black Navy nurse, said Schabowicz, who gave out room assignments. "I decided not to make an issue of it," she said. "I didn't look to see if they were black or white, and it all worked out well.'

The retired lieutenant commander joined the reserves in 1938 after graduating from nursing school at Philadelphia General Hospital. She came on active duty early in 1942 shortly after the attack on Pearl Harbor and was stationed there until 1945. Navy nurses were not officers prior to the war, she said, but became officers after the war began.

A native of Kulmont, Pa., now living in Waukegan, Ill., Schabowicz was partially following in her mother's footsteps, she said. "She enjoyed helping others and even helped the doctor deliver babies.

"I picked the Navy because I heard you had to be healthier there, and I was very healthy. Also, there was a naval hospital in Philadelphia, and the history of the nurse corps included graduates from my school."

Schabowicz enjoyed her time in the Navy. "The very fact that someone remains in the service for 21 years means they enjoyed it," she said.

When she became a Navy nurse,

Schabowicz's salary was \$60 a month plus room and board. "And they fed us well," she noted. "We always wore nurse's caps, with our insignia on them, and white starched dresses with three-inch belts. I don't know if that was to support your back or to make you stand up straight," she added with a

During this period, nurses lived in a building [now torn down] behind the hospital, which consisted of the main building and additional smaller structures. Male military personnel were the only patients treat-

See NURSE page 3

### **Opening Day**

On April 2, 127 Sailors - including some from Great Lakes Marines, Soldiers, Airmen and Guardsmen, journeyed to U.S. Cellular Field to help the world champion Chicago White Sox kick off the 2006 Major League Baseball season. Holding 300foot by 150-foot Amercian flag, the servicemembers added visual punch to the playing of the National Anthem. Photo by James Antonucci, NRD, public



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#### Now hear this! **Baseball Hall of Famer**

Bob Feller, a Major League Baseball's Hall-of-Fame legend, will be at the Great Lakes Naval Station Captains baseball team home opener at 7:30 p.m., tomorrow at John C. Giels See **FELLER** page 2

#### 'Holy Week'

Easter services and schedule of events. SEE PAGE 13

#### Find out what's happening at **Great Lakes!**

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

### TSC drill team prepares to perform in upcoming events

By EVA KOWALSKI TSC Public Affairs

They performed at Ronald Reagan's funeral and in front of the Crown Prince of Norway, now three former members of the U.S. Navy Ceremonial Guard Drill Team at Naval District Washington (NDW) Anacostia Annex Washington, D.C., are leading the way for the Training Support Center (TSC), Great Lakes Drill Team.

Following two years of service as part of the NDW Drill Team, DC3 Valentino Cuba, MMFN George Mendez, and MMFN Jason Smith, recently transferred to TSC to attend training at Center for Naval Engineering. Their arrival has coincided with the newly created TSC Drill Team formed in January.

All three candidates were selected to be part of the Ceremonial Guard Drill Team while attending boot camp at Great Lakes. With two years of performance experience gained in front of crowds of 50,000 onwards, the three former Ceremonial Guard members are helping train new TSC Drill members in the fourmen and nine-men routines.

The base remains quiet after 3:30 in the afternoon, but not in the hangar of Bldg. 215, where nine determined Drill Team volunteers rehearse rifle spinning stunts and routines showcasing military bearing at its finest from 4:30 to 6 p.m..

Cuba, who was the leading seaman of the Full Honors unit at NDW, which contains the most senior and accomplished drill members, explains the key to performance is marching and moving with precision while maintaining

the appropriate distance.

While at NDW, Cuba became the leading seaman of the Full Honors Drill Team in record-breaking speed of just 10 months.

"I had never touched a rifle before," he says, admitting now "drill will always be within me."

With his assistance and training, the TSC Drill Team has performed twice at Ross Theatre in March opening the Apprentice Military Environment History presentations with the four-men routine.

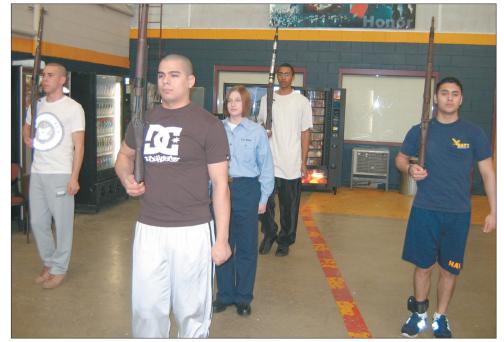
Using M100 demilitarized World War II rifles, which are being refurbished by FCSA Braden Overman four drill members encircle the middle-person, who calls out the command prompts. The formation moves along with rifles spinning back, forth and overhead ending with a soloist finale performed by Cuba.

"There are four people with rifles, the person in the middle calls the command prompts such as drill team forward, drill team halt, and left face," explained Mendez.

During their time at the Ceremonial Guard the former members predominantly performed the nine-men routine, which lasts approximately 10-minutes as opposed to the five-minute four-men routine. The level of difficulty is higher including stunts such as "dead man walking."

"We do something called 'dead man walking,' which means a student will actually walk in a line with rifles spinning across and overhead," said ET2 (SW) Francisco Noguera, who serves as the TSC Drill Team point of contact

Noguera said that for now the drill team is



TSC Drill Team practices the four-men routine. The drill team is scheduled to perform at Navy Pier May 20. *Photo by Eva Kowalski* 

focusing on the four-men routine, but hopefully will one day perform the nine-men as well. Although with students in transit most drill team volunteers are only able to perform during the three to six month period while they are stationed at TSC.

The TSC Drill Team is scheduled to appear for the first time in public on May 20 at Navy Pier during the Salute to Armed Forces event. New drill team members are always needtain an 80 percent grade point average at their schoolhouse, possess outstanding military appearance and great military bearing.

For more information please contact Noguera via email at

ed, however, prior experience is preferred.

Noguera said "good hand-eye coordination" is

imperative. Drill Team volunteers must main-

For more information please contact Noguera via email at Francisco.noguera@navy.mil or at (847) 688-3646 ext.142.

### NAVFAC Midwest Innovators take first place

By PH1 (AW/SW) V. SCHAEFER NSTC Public Affairs

Two Great Lakes employees won a Naval Facilities Engineering Command (NAVFAC) -wide Innovator Award for the month of March.

"The Innovator Award is sponsored by NAVFAC headquarters to recognize people throughout the public works community NAVFAC-wide for innovative process changes that could be utilized across the corporation," explains Peter Behrens, a Public Works business line coordinator at NAVFAC Midwest.

The first co-winner is Susan Massie, a product line coordinator at NAVFAC Midwest. Massie was recognized for her innovative use of a Geographic Information System that significantly reduces the effort and time required to develop technical doc-

umentation for grounds maintenance, street sweeping, snow removal and janitorial functions. What was once a process of physically measuring individual spaces can now be done by an automated computer system that gives visuals or overviews down to who sits in an actual cubicle explained Massie.

The second co-winner is Andy Gross, an electrical engineer of the Utilities and Energy Management (UEM) team, also at NAVFAC Midwest. Gross was recognized for his innovation to optimize the electrical power output of the newly installed Co-Generation plant at Naval Station. His technical process led to significant cost reductions for purchased electrical energy from the local utility company. The cogeneration plant is outputting its own electrical power,

- See INNOVATORS page 11

### **BATTLE STATIONS 21**

(Continued from page 1)

Navy, using simulators to create training experiences that one would face at sea," said Jones. "This is your Navy. The quality of our facilities is always foremost where the training of our troops is concerned.

"This will be a 24/7 facility," the admiral said. "This will help keep high-quality Sailors in our Navy.

"Great Lakes is the quarterdeck of the U.S. Navy," he noted. "Every enlisted man and woman starts their journey here. We have a great tradition. In 2011 we will celebrate the 100th anniversary of the first recruit to go through Great Lakes. All of Illinois should be proud of the rich Navy tradition at Great Lakes."

Parlier commented on the realism which

will be provided by Battle Stations. "The details will make the Sailors think when they get out to the fleet and have to deal with situations that we had on the Cole," he noted.

"Battle Stations was invented by Navy chiefs who felt that Sailors needed a realistic experience," said Kirk.

"They will go through real-life scenarios based on the real life of the Navy," the congressman explained. "The Navy supplies a critical training experience that will test the best of our young men and women, and will help them rise to a level of performance they thought they never could achieve. The bottom line is that this kind of training saves lives."

### FELLER

(Continued from page 1)

Field in Bensenville, Ill. Admission is free.

Directions to Giels Field can be found at www.mapquest.com. The address of the field is 545 John St., Bensenville, Ill.

Feller will throw out the first pitch and number 19 jersey will be retired.

In July 1945, Bob Feller, as player/manager, threw a complete game 1-0 shut out against the eventual National League pennant-winning Chicago Cubs. Bob Feller stuck out 10 Cubs in front of

12,000 sailors at Constitution Field, aboard the naval station.

The Naval Hospital Corps School Color Guard will present Colors, and the NHCS Choir will entertain by singing "Oh Beautiful" and "Take Me Out To The Ball Game" during the 7th-inning stretch.

The NHCS choir will sell hotdogs and hamburgers during the game.

Feller will also be the guest of honor at today's recruit graduation ceremony at Recruit Training Command.

## Great Bulletin

The *Great Lakes Bulletin* is published every Friday by Lakeland Newspapers, 30 S. Whitney St., Grayslake, IL 60030, in the interest of military and civilian personnel aboard Naval Station, Great Lakes.

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If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

### Recycle your used athletic shoes

Naval Station Great Lakes will be participating with Great Lakes Child Care Centers, and local Boy Scout Troop #624, in Lake County's Reuse-A-Shoe program this year.

The National Recycling Coalition (NRC) and Nike have offered the Reuse-A-Shoe program in other Illinois communities for the past four years. The program, which recycles and grinds athletic shoes into new sports surfaces, enables organizations like ours to collect and recycle athletic footwear and keep them out of our landfills.

The program runs from April 4 through the 26. Luigi F. Abbate of the environmental department, will coordinate the Reuse-A-Shoe program for Naval Station Great Lakes.

Shoes should be placed in bins located at all Naval Station Child Care Centers, Grayslake High School, Grayslake, Ill. and

the Environmental Department, and in the south end of the basement of Bldg. 1A. The shoes will be taken to the designated drop-off location in Grayslake after Earth Day in April.

The Solid Waste Agency of Lake County, Ill. (SWALCO) and Recycle America Alliance (RAA) are coordinating the program for local schools, scout troops and other youth groups. SWALCO and RAA need your help to collect the 5,000 pairs of athletic shoes required to participate in the program.

Any brand of athletic shoes will be accepted for this unique recycling program, but shoes need to be relatively clean and dry. No dress shoes, boots, flip-flops, sandals or shoes with metal parts (e.g. cleats, metal eyelets, zippers, etc.) can be accepted.

If you have any questions, please contact Abbate at (847) 688-6934 ext. 18.

### Domestic violence hotline provides crisis intervention

**By PHI VIRGINIA SCHAEFER NSTC Public Affairs** 

Humiliated, intimidated, frightened, terrorized. No one should feel this way in the comfort of his or her own home. In 2001. 18,000 reported cases of domestic violence occurred involving military personnel.

Domestic violence is defined as a pattern of behavior in any relationship that is used to gain or maintain power and control over an intimate partner.

Domestic violence can include physical abuse, emotional abuse, intimidation, harassment, neglect, sexual assault, and marital rape," said Janis Brown, one of two family advocacy victim advocates at the Fleet and Family Support Center. A victim advocate provides the alleged victim with crisis intervention, referrals, safety assessments and planning as well as information

rights as victims of domestic violence. They can also assist in requesting military and civilian protective orders.

"In a one vehicle household, when the victim is left at home and not able to see us, we also do home visits. We will go there as long as it's safe for us to be there," Brown added.

One of the reasons victims in a military household fail to seek help or report their situation to the family advocacy is the fear that contacting the command will result in the spouse getting in trouble or jeopardizing their career.

However, soon a new Department of Defense (DoD) policy will take effect that will allow a victim to maintain anonymity and still receive the support needed. The Restricted Reporting Policy for Incidents of Domestic Abuse allows victims of military abusers two options: Asking to make an official report that will trigger a formal

about their rights as military spouses and investigation requesting medical help and counseling without involvement by law enforcement or military commanders.

The current policy for victim advocates, Brown explains, is to report all diclosures of domestic violence to the family advocacy, which will initiate an investigation.

In the meantime, Brown suggests that if a victim chooses not to utilize military services, to seek support via the civilian community. Information and shelters can be found through the National Coalition Against Domestic Violence or the National Domestic Hotline.

In 2001, women reported most cases of domestic violence; men reported only 15 percent. "Embarrassment is a big part of why men don't come to us and we try to deal with that. We let them know that all men don't hit and all women are not victims."

On Feb. 23, the DoD launched a national program to increase awareness among servicemembers and their families about domestic violence. They partnered with the National Domestic Violence Hotline for the campaign, which is themed "Take a stand against domestic violence." The National Domestic Violence Hotline provides crisis intervention and referral to victims of domestic violence and their families 24 hours a day, 365 days a year in more than 140 languages. The hotline number is 1-800-799-SAFE.

The Fleet and Family Support Center is open from 7:30 a.m. – 4 p.m. Mon.-Fri. It is located next to Naval Station's Visitor Center. Victim advocates can be contacted at (847) 688-3603.

Look for special events hosted by the Fleet and Family Support Center happening in October, Domestic Violence Awareness month. Brown adds, "We want commands to attend and be involved and seek services at that time.

### Prevalence of sexual assault

"In the United States, a rape is reported about once every five minutes." -FBI Uniform Crime Report, 2000.

"One in 33 men (3 percent) and 1 in 6 women (17 percent) reported experiencing an attempted or completed rape at some time in their lives." -National Institute of Justice, 2000

"Nearly 70 percent of victims know their attacker." -2003 National Crime Victimization Survey.

"In calendar year 2004 there were 1,700 reported sexual assaults in the Military Services. One hundred twenty three of these occurred in the Area of Responsibility (AOR)." - DoD CY04 Annual Report to Congress – Sexual Assault in the Military

"Out of the 1,700 reported sexual assaults - there were 104 reported assaults on men." -DoD CY04 Annual Report to Congress.

Sexual Assault in the Military Services

Sexual assault has long-term effects on victims and military units. The Department is committed to preventing sexual assault. We have put in place a reporting structure with specific guidelines and protocols, so all assault cases are responded to appropriately and that the investigations of sexual assaults are timely, effective and sensitive to the victim's needs.

When confronting the crime of sexual assault in the Department, the Sexual Assault Prevention and Response Program is addressing a societal issue. Common values such as honor, courage, service before self, and country, unite every servicemember and contradict the actions that sustain sexual misconduct.

Each servicemember should continue to be environmentally aware, addressing any behaviors that inadvertently or directly facilitate harassment or assault. Sexual assault prevention begins with you.

For information call Kim Smith NRMW Sexual Assault Response Coordinator (SARC) at 847-688-3603 ext.113 or Heather Moran SAVI Prevention and Education SARC at 847-688-3603 ext.116.

### Corps school to host **SAVI** information fair

The Naval Hospital Corps School will hold their 2nd annual Sexual Assault Victim Intervention (SAVI) information fair on April 10, 2006. This fair is designed to bring awareness and education of the effects of sexual assault, and to let victims know they are not alone, support is available.

NHCS is dedicated to the education of staff and students concerning sexual assault and victim interventions. The number of sexual assault victims nationwide is alarming. The FBI reports that there are over 125,000 rapes reported annually. The SAVI team's goal is simple: To reduce the number of victims through education and awareness

The SAVI team at NHCS will host this fair to increase knowledge of this problem facing the civilian and military communities. The SAVI program focuses on victim interventions that ensure victims receive help and are knowledgeable about

the victims of sexual assault are treated with sensitivity and not re-victimized in the process of reporting the crime, and that NHCS will attempt to resolve any allegation of alleged sexual assault.

Advocates arrange and accompany victims to medical and legal appointments, serve as support during interviews throughout the process. Advocates are a source of education to all Great Lakes commands. Every individual should take the responsibility to know their command SAVI advocate and their resources.

The NHCS SAVI team is HMC Leslie Scofield, HM1 Charlene Allen, HM1 Mary Blevins, HM1 Glafirs Laurant, HM1 William Pace, HM1 Shannon Varnado, HM1 Dawn Williams, HM2 Erin Asidao, HM2 Clayton Cowley, HM2 Christy Eads, DT2 Melinda Frazier, HM2 Latoya Kemp and Lt. Kenneth Nickles.

The NHCS command SAVI phone number is (847) 553-1745.

For more information regarding SAVI, Information presented will include that contact your command SAVI coordinator.

### NURSE

(Continued from page 1)

ed in the main hospital building; women and children military family members were cared for in the building which is now the Drug Screening Lab.

Schabowicz and her husband celebrated their 50th wedding anniversary last May. Marriage for Navy nurses was frowned upon during the early phase of her career.

'I believe I was only the second nurse who dared to get married," she explained.

After serving at Portsmouth Naval Hospital in Virginia. Schabowicz returned to Great Lakes in 1956 where she remained until her retirement in 1963.

She taught at Hospital corps School for three years, and then was assigned to the new hospital which was completed in 1960.

"It was brand new, spic and span," the retiree said. "Patients helped clean the hospital rooms as soon as they were feeling better. We had captain's inspection every day. Everyone had to be at attention, and if we passed, and were eligible, we could go on liberty

Upon her retirement, Schabowicz undertook a second career, working for the Lake County Health Department, where she remained for the next 18 years.

### PREVENT program aids in decision-making

By EVA KOWALSKI **Training Support Center** 

There are some lessons that just aren't taught in school, such as the value and importance of decision-making. The PRE-VENT program at Great Lakes, which stands for Personal Responsibilities and Values: Education and Training, highlights the importance of decisions and how they impact our lives.

Students at Training Support Center

(TSC) and surrounding commands, who are either in transit or find they have spare time on their hands are given the opportunity to attend the three-day program, which provides guidelines on managing life through topics on finance, health, drug and alcohol prevention.

The program, which is available at 16 Navy to personnel

between the ages of 18 and 26, is contracted to Pacific Institute for Research and Evaluation under the guidance of Center for Personnel Development.

According to Trudy Draper, PREVENT coordinator for Great Lakes, approximately 30,000 Navy personnel complete the program annually.

Draper said that last year 2,600 students completed the course at Great Lakes.

"It has gone from being an information based program to a program that asks the participants to examine their behavior and assess their personal risks," said

There are seven facilitators at Great Lakes, who guide participants into topic discussions, which focus on communication, interpersonal responsibility, value conflict, personal finance, health and readiness. Each facilitator goes through 47 hours of

It has gone from being an information based program to a program that asks the participants to examine their behavior and assess their personal risks.'

> Trudy Draper, PREVENT coordinator for Great Lakes,

"It asks people to address their own behavior via looking at personal responsibility," said Draper, who emphasized that the facilitators who host program trained to guide discussions rather than offer advice, enabling participants to make their own evaluations.

> **GSCM** Bruce Sandy, program liaison, said, "The program teaches you to

look before you leap. It's a great educational tool to understand decision making and risk taking.'

"The benefits are that program participants are more mission ready, they reduce stress for themselves, and hopefully can address life's issues better personally and professionally," said Draper.

For more information please visit preventonline.org

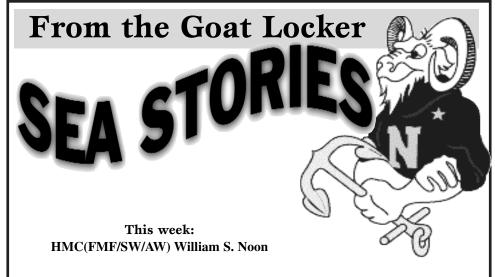


Josephine Schabowicz, left, visits with Carol Struck, head of the Naval Hospital Medical Library, during her visit to the hospital early this week. Photo by Judy R. Lazarus



#### Field day

Students from IT 'A' School classes 06090 and 06095 conducted their own base clean up Tuesday & Wednesday prior to their departure. Naval Station base-wide cleanup is slated for April 20. *Photo by FC2 Jason J. Mosher.* 



Orchestrating, supervising, and training 135 Sailors for the first game of the White Sox World Series Oct. 22 was a big thrill. It wasn't just the enjoyment of doing it, but it was a nice way to display how proud we were. When the crowd erupts it's very exhilarating, and it's very influential for the young Sailors.

It wasn't just another baseball game. There was high visibility. There was the intensity of millions of viewers on TV. It wasn't just White Sox and Astro fans watching the game. We were even able to stay and watch the game.

Bystanders saw us while we were practicing putting together and transporting the flag before the game. A lot of people are very supportive of the military.

It was great for all the participants. It was a very personal award to know you were selected by your command to participate in this evolution. Getting so many people together to perform is a lot of fun. They were nervous but they performed flawlessly.

The training process for the big day includes assembly, carrying, opening, closing and marching with the flag, which is the size of a football-field. When unfurled it is 150 feet wide by 300 feet long.

I also participated in the assembly and displaying of the American flag on the White Soxs game day opener last spring.

The weather was good on both flag days. But not when I assisted with the coordination and supervision of the Bears-49ers game on Nov. 13, 2005. That was a multi-service flag display with 110 service personnel. It was so windy that one of the corners of the flag flew up and the service members couldn't hold it. Maintenance workers had to come and help out.

I'll keep doing this as long as I'm requested and available.

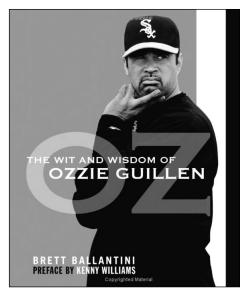
If you are a chief petty officer — active duty, reserve or retired — and would like to contribute to "Sea Stories," call the Bulletin staff at (847) 688-4800 and we'll be happy to take your story. - Ed.

### Baseball is back with a pair of books

**By JOHN SHEPPARD** NSTC Public Affairs

Ah, baseball season: The time of the year when my wife becomes a widow for six to

Every year the Bulletin receives a fresh crop of baseball books for our perusal. This year is no different. I'll review two sent here



by Chicago-based sports publisher Triumph

There is neither wit, nor wisdom, in "The Wit and Wisdom of Ozzie Guillen" by Brett Ballantini (2006), though there is a photo of Guillen hoisting the World Series trophy on the back cover.

For those of you unfamiliar with Major League Baseball, Venezuelan Guillen is the former Chicago White Sox shortstop that led the Sox to a World Series victory last year as their manager.

The White Sox hadn't won a World Series since 1917, back when their manag-

er was one "Pants" Rowland. The story of the 2005 White Sox' triumph over their dismal history is heartwarming, unless you happen to be a Cubs fan.

I dove into the book expecting to find bizarre utterances on par with former New York Yankees catcher/manager Yogi Berra's (Yogi-ism: "Nobody goes there anymore because it's too crowded." And: "You can observe a lot just by watching.")

Instead, I found bland statements of love for the White Sox, the city of Chicago, Venezuela, hard work and the game of baseball. (Ozzie-ism: "You rest when you die.")

OK, we get it: The book was vetted by White Sox brass. Just in case you didn't get that impression from body of the book, White Sox general manager Kenny Williams wrote the preface, which is a love letter to his manager.

Save \$7.95 by googling Guillen instead. What you'll find on the Web is vastly more entertaining than what is offered up in this bland book.

From the Southside to the Northside

Say "long suffering" to even a casual follower of baseball and then ask what the next two words should be. You'll probably hear: "Cubs fans."

Sorry, Boston Red Sox fans. Your team won in 2004.

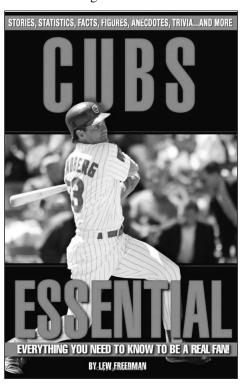
Lew Freedman's "Cubs Essential: Everything You Need to Know to Be a Real Fan!" (2006) is a fairly good attempt at a Cliff's Notes-style rendering of Chicago Cubs history—which is, for the most part, wretched.

Like many Cubs fans, Freedman slaps a smiley face on all the years of losing and choking and losing some more. "Although generations of Cubs were raised believing their team was always a second division club, that is due primarily to a failure to consult baseball encyclopedias," says Freedman in a chapter entitled "More Good

Old Days."

My baseball encyclopedia tells me that the last time the Cubs went to the World Series was 1945 and that their last World Series win was in 1908.

In recent years, the Cubs seem to come tantalizing close to winning every other year. But, as my drill sergeant once informed me, close only counts in horse-shoes and hand-grenades.



Still in all, Cubs Essential is an entertaining glance through the history of a club known primarily as "the lovable losers." But at \$19.95 for a hardcover, only hard core fans will probably buy the book, and they know most of the information contained therein.

# Army bans commercial body armor

WASHINGTON – Soldiers may no longer wear body armor other than Army-issued Interceptor Body Armor, Army officials announced last week.

In a safety message sent to all commanders March 17, the Army warned that commercial body armor may cause "death or serious injury to Soldiers."

"I think the mothers and fathers that are currently having Soldiers deployed, whether they're female or male, ought to feel comfortable with the fact ... that we have provided the best body armor that is available anywhere in the world," said Maj. Gen. Jeffrey Sorenson, the Army secretary's deputy assistant for acquisition and systems management, at a Pentagon news conference March 31.

Of main concern with officials is "Dragon Skin," produced by Pinnacle Armor. While the manufacturer has received close to a million dollars from the Army to produce lighter-weight armor, Dragon Skin's capabilities do not yet meet Army requirements, and is not certified by the Army to protect against several small arms threats currently being encountered in Iraq and Afghanistan.

Advertising for Dragon Skin implies that it is superior to IBA, but Army officials say there have been no tests to validate the claim.

"They have not been tested. They have not passed the rigor that we put into standards determining whether something is safe, effective and suitable," Sorenson said.

## Control debt, don't let it control you

By PACIFIC FLEET MASTER CHIEF (SS/SW)
R.D. West

Hoo-yah, Warriors! I just got my tax refund in and have it headed toward the retirement fund. But since I'm not quite ready for a walker yet, maybe a little chunk of it will go for something special.

My refund also got me thinking about my younger (and maybe a few not-soyounger) Sailors out there and what they plan to do with their tax refunds. I'm sad to say many will be applying it toward overwhelming debt.

Too many of our Warriors continue to overextend themselves into deep debt. Some because of a series of tough breaks, and some because of a series of bad choices or mismanagement. Hopefully you read my column a couple of weeks ago about payday pirates.

How do you know if you are or could be in trouble? Some good clues are:

1) 20 percent or more of your take-home pay goes to installment debt payments like credit cards.

2) you are habitually late-paying bills, and

3) you have completely lost track of what you owe and how much it is actually costing you.

4) you are living from paycheck to paycheck

So you are hopelessly in debt (at least you think you are) or quickly headed that way. Creditors are calling, there's a tow truck suspiciously following your car, and you are completely stressed out.

What do to? OK, here's what.

First and foremost, go see your command financial counselor. These folks are trained to help you out of these problems. Another option is to go to the local Fleet and Family Service Center and talk to their

financial counselors. This is the fastest, easiest way I know to get your situation under control. They are there to assist you!

So now make yourself a list of what you currently owe, to who, and what the monthly payment is.

Granted, for some the resulting list might throw them into shock, but it gives you the reality of your situation and helps you figure how much work you have to do.

Next you have to prioritize the debts. Loans that might result in repossessions or foreclosures need your immediate attention. Debts with the highest interest rates will probably come in second. And then you

work your way down from there. J u s t remember that the CFS or F F S C counselor can help you figure all this out.

Now we come to the part

everyone seems to have trouble with – budgeting. You need a plan. At first you need an emergency plan to get your debt under control. This puts more income toward debt reduction and less toward things you thought were more important. Fewer runs to the mini-mart, more payment on the credit card.

As you develop your budget, you'll start to see where the money is going and nine times out of 10, you will realize you've been wasting a lot of your money. This will help, trust me.

OK, we've listed debt, prioritized it, and now have a budgeted spending plan. A great start but there's more.

Now you need to get a hold of your creditors and tell them what the deal is and how you want to fix it.

Most of them will work with you to help pay off your debts. It's cheaper for them in the long run to work with you.

Listen to their proposals and negotiate a workable solution. Never blow off the payments though. Talk to them about partial or smaller payments. Again, they will work with you to get something over nothing.

Now comes the really hard part – breaking out the scissors and getting rid of the plastic. Using the cards only increases your debt, so live on cash or checks for now. If

have the funds to cover a check, don't bounce it. Live without whatever you were going to buy.

T h e best idea

is to give yourself a small allowance in favor of using credit cards. Once that runs out, you're done spending. If you have left-over allowance, it should go to debt reduction or savings, not into the next week's allowance.

You have a plan now, and it's working. You're on the way out of debt. Great! You're done.

Not exactly.

You're doing great to work yourself out of the problem, but now you need to train yourself not to get back into debt.

You need to learn how to spend smarter. That budget you worked up? It needs to change into your everyday spending plan so you can now manage your money more effectively. There are some other things you can do to help yourself:

— Control spending. Stop the impulse buying; it really adds up. And don't use the credit cards just because you don't have cash.

— Get the most for your money. Get something that has a real purpose and will last. Use coupons and wait on the sales. If there's a rebate, take it.

— Create a cash reserve and then leave it alone. This is for emergencies, illnesses, unforeseen bills, etc.

— Start saving. You need to remember to pay yourself and that means saving. IRAs, savings accounts, TSP, investments. Plan for the future by saving consistently in small amounts. As your income increases, increase your savings. I know it's not cool or fun to hear about dull things like savings or IRA accounts, but trust me, they'll become really cool in a few years.

— Live within your means. Do you really need that 72-inch big screen that costs \$5,000?

I'll get off the soapbox now by just saying that we can't always afford what we want. But if we focus on the needs now, the wants will probably come along a little bit later.

But for the here and now, if you are in over your head, your Navy is standing by to help you out. Go see that CFS or financial counselor at the FFSC and get back on track.

And while you are at FFSC, try out some of the investing, home buying, and retirement planning classes they offer. I know your bank account will be better off for it. Hoo-yah!

Fleet tip: If you have never been to FFSC to see what they offer I recommend you do. They are there to help. Keeping charging and keep up the great work! Stay healthy. Stay fit. Stay Navy.

# Honormen, Award Winners at the Recruit Graduation Review



SR Richard Gunter,
Dayton, Ohio
The NSSAAR Academic
Excellence Award

Recruit Review Graduation April 7, 2006 Divisions 121 – 128 & 920

Each Honor Graduate and Award Winner will receive the Commanding Officer's commemorative coin in recognition of their superlative achievements

during recruit training. The Honor Graduates for this week's Recruit Review graduation is as follows: SR Kerry Hogan, Division 121,

Michigan City, Ind. SR Logan Whitehead, Division 122, Omaha, Neb.

SR Robert Michaud, Division 123, Portland, Mass.

SR Timothy Craft, Division 124, Gasport, N.Y. SR Garrett Woolsey, Division 125,

Big Bear Lake, Calif.
SR Kaile Koncel, Division 126,

Spanaway, Wash.
SR Richard Gunter, Division 127, Dayton, Ohio
SR Paul Leser, Division 128, Clermont, Fla.

SR Kimberly Peeples, Division 920,

Houston, Texas
The Recruit Chief Petty Officers for this week's
Recruit Review graduation is as follows:

SR Christian Roy, Division 121,

Williamston, Mich.

SR Clifford Myers, Division 122, Kissimmee, Fla.

SR Steven Kiser, Division 123, Tampa, Fla.

SR Stephen Yasinosky, Division 124, Wildomar, Calif. SR Julie Cheney, Division 125,

Wiscasset, Maine SR Christian Cabedo, Division 126, Dededo, Guam

SR Patrick Malmberg, Division 127,

Kenosha, Wis.

SR Pierce Lawson, Division 128, Sumner, S.C. SR Andrew Ator, Division 920, Mission Hills, Calif.

The following individuals are Award Recipients:



SR Julie Cheney, Wiscasset, Maine Navy Club of the United States Military Excellence Award



SR Javier Rodriguez , Los Lunas, N.M. United Services Organization Shipmate Award



SR Clifford Myers, Kissimmee, Fla. Military Order of the World Wars Award of Merit



SR Reymundo Racoma, San Diego, Calif. Military Officers Association of America Award Leadership Award

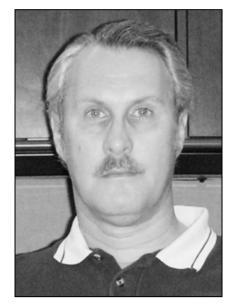


SR Leah Butkevich, Maple Grove, Minn. Navy League Award

# Viewpoint • • • >

### Readers Speak Out

This week the Bulletin asks its readers, "Now that Spring is here, what type of outside activities do you look forward too?"



"Not an outdoors type of guy. Everything is centered around the Navy recruiting activities throughout the year."



"Taking the top off my Jeep, riding around and going to the beach."

**James Antonucci** 

QM1-SW Joshua Cloninger



"Going to Six Flags, Great America in Gurnee and jogging."

**OS2 Leonard Seel** 



"Walking along the beach, kite flying and playing golf."

**Jock Chaney** 



"Looking forward in 10 days to trout fishing in Wausau, Wisconsin."

John Cozort



"Getting my family moved from South Dakota."

**Gary Swenson** 

### WHAT happened WHEN

A look back at historic Great Lakes

#### 40 years ago Rate advancements

More than 900 naval personnel, one of the highest figures ever recorded on the Center, will advance in rate within the next six months. The group will be promoted in six monthly increments following the results of February petty officer nominations. Advancement will begin May 16. The final increment will be moved up Nov. 16. Of the 933 promoted, 533 were Service School Command students.

### 30 years ago Zones to be inspected

Base-wide zone inspections will be conducted April 13 under the commander Naval Base Great Lakes Zone Inspection Program. The base has been divided into six zones with an inspection team for each zone. The intent of these inspections is to ensure that the general external appearance of the base meets acceptable Navy standards. The inspections will be limited to grounds care, road repair, safety, and building exteriors.

### 20 years ago WAVES celebrate

A convention celebrating the 45th anniversary of the founding of the WAVES (Women Accepted for Volunteer Emergency Service) will take place in Chicago on July 31, 1987. On that date in 1942 the Naval Reserve Act was amended to include women. Although the Navy Nurse Corps was formed in 1908 and some 11,275 females had served as yeoman during WWII, the permanent presence of large numbers of female Sailors did not happen until WWII.

#### 10 years ago Testing new boots

Four divisions at Recruit Training Command are the first to try out two new work boots. The two male and two female divisions will test the boots to determine which is the best boot to replace the standard "chuka" boot. The boots, made commercially by Craddock-Terry, have a cushioned insole and cushioned ankle support. Both boots also have a sole that can withstand intense heat



### How to reach us

**Phone Numbers:** 

Office: (847) 688-4808 Fax: (847) 688-4945

Paul Engstrom ......paul\_bulletin@yahoo.com Judy Lazarus ......jlazarusglakes@yahoo.com Jim Boylan ......jboylan@nwnewsgroup.com

### Great Lakes Tyke

#### Name:

Baylor Stewart

#### Age:

5

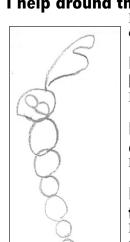
#### I live with:

Brothers Christian and Tyler, and mom and dad

#### My pets are:

Charlie, a black Lab

#### I help around the house by:



I help my mom clean the dishes

My favorite book is: Blues Clues

My favorite cartoon is:

Dora

My favorite food is:

Noodles with cheese

My favorite toy or game

**is:** I like to play with Barbie



**Baylor Stewart** 

My favorite color is:

#### My favorite thing to do is:

Play games with my brothers

When I grow up I want to be:

My picture is of:

A snowman

# Information, Tickets & Travel Building 400, 688-3537

Information, Tickets and Travel (ITT) Bldg. 400, 688-3537 **Hours of Operation** Mon.-Fri.: 10:00 a.m.-5:00 p.m. Sat.: 10 a.m.-Noon Sun. & Holidays: Closed

#### **New Leisure Travel Office** at ITT

The MWR Department's ITT Office is pleased to announce the opening of a leisure travel operation, in cooperation with Fox World / American Express, in the ITT Office, Bldg 400 (NEX Student Store). An experienced travel agent will be available on Mondays and Wednesdays from 10 a.m.-5 p.m. to handle leisure travel needs including...

- ·Air travel at special Military discounts!
- •Emergency and dependant travel!
- •Off duty and leave (vacations)!
- •Tours and cruises, many at Military discounts!

#### **MWR Offers FREE Chicago Wolves Hockey Game Tickets!**

For the fourth straight year, the Chicago Wolves and the MWR Department are offering 100 FREE tickets to each and every home game at the Allstate Arena in Rosemont, Ill. All eligible MWR customers may stop

ITT Office to sign-up (at least two days prior to the game of choice) to receive a voucher (good for up to four tickets) for any home game per month (additional tickets are permitted if availability exists).

Customers must present the voucher at the Arena's VIP ticket window on the day of the game to receive their FREE tickets.

Sign-up at least two days prior to the game of choice... April Schedule: 4/08 vs. IOW 7:00 p.m., 4/09 vs. IOW 3 p.m., 4/15 vs.

#### **2006 Chicago Cubs** Information...

HOU 7 p.m.

Information, Tickets and Travel (ITT) Bldg. 400, 688-3537 Hours of Operation Mon.-Fri.: 10:00 a.m.-5:00 p.m. Sat.: 10 a.m.-Noon Sun. & Holidays: Closed

Tickets will go on sale Mon., April 10 to ACTIVE DUTY ONLY for May games. Please have your ID ready when you come in to purchase tickets.

Any remaining games will go on le to all base personnel on Tues April 11. All May games are \$43 per courses, and movie theatres. Special

The following May games will be available for purchase:

-Monday May 1 7:05 pm vs PIT -Saturday May 13 1:20 pm vs SD -Sunday May 14 1:20 pm vs SD -Tuesday May 16 7:05pm vs WSH

- -Wednesday May 17 7:05pm vs WSH -Saturday May 27 TBD ATL
- -Sunday May 28 1:20 pm vs ATL -Tuesday May 30 7:05pm vs CIN - Wednesday May 31 7:05pm vs CIN

#### **Commemorative Bricks**

Etch your name in Great Lakes' bv purchasing history Commemorative Brick, available through the ITT Office. Bricks will be placed around the walkway to graduation at the Recruit Training Command. For more details, and/or to fill out an order form, stop by the ITT Office

#### **Special Military Rates, Downtown Chicago**; **Holiday Inn Hotel &** Suites, Chicago **Downtown**

Now serving Great Lakes with discounted rates from \$89/night (king or two double beds).

Located on Harrison St. at Canal St., 4 blocks south of the METRA Kenosha North Line stop and 2 blocks Station. Amtrak/Union Greyhound Terminal, and Scarlett's.

Hotel features an outdoor rooftop pool & deck and Aurelio's Pizza & Lounge. Sears Tower, Greek Town, Grant Park, the Museum Campus, and the Lakefront are all minutes away. Clinton "L" stop of the CTA Blue Line is located at the base of the hotel.

Offer subject to availability. Stop by the ITT Office for additional inforwww.hidowntown.com. For advance reservations, call 312-957-9100 and ask for the NAVY rate.

#### Need a weekend getaway? \$44.99 per night (double occupancy).

Extended Stay Hotels is offering special military rates for Extended America-Vernon Hills, Homestead Studio Suites-Vernon Hills and Crossland-Waukegan for Friday, Saturday, or Sunday nights. Whether you choose Extended Stay America, Homestead Studio Suites, or Crossland you can make yourself at home in our studio suites with fully equipped kitchens. In addition, all local phone calls are free and each hotel is pet friendly. Onsite guest laundry facilities are available 24 hours,

Relax and enjoy the weekend at our hotels centrally located in Lake County off I-94 and minutes away from nearby shopping as Hawthorn Mall or Gurnee Mills, restaurants, golf military rates are also available for longer term stavs over seven nights. Stop by the ITT Office for additional

information or visit www.ExtendedStayHotels.com. For advance reservations call: ESA Vernon Hills (847-821-7101), Homestead Studio Suites Vernon Hills (847-955-1111) or Crossland Waukegan (847-688-0402).

Laugh a lot at ComedySportz in Chicago

Finally, a fun, fast-paced comedy show that's great for the whole family. It's ComedySportz, improvisational comedy played as a sport by members of the World Comedy League. Two teams battle for laughs and points as they make up scenes, games and songs on the spot. The audience votes for the winners, a referee calls the fouls and they even play the national anthem before each match. Get your tickets today at ITT for only \$15.

#### ITT is now selling Navy Pier - Spirit of Chicago **Harbor Cruises!**

Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago!

#### **Rinkside Sports Fun** Passes!

ITT offers Rinkside Sports Fun Passes for only \$12, located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser tag game, one free slice of cheese pizza and a small soda (a \$25 value). Use the Fun Passes to host your child's next birthday party!

#### **Metra Tickets**

ITT has METRA commuter train tickets on sale! The cost is \$4.50 for a round trip ticket, or \$2.25 for a oneway ticket from North Chicago to downtown Chicago, a savings of over 50% off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a onehour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer! These METRA tickets are available to

Active Duty Military, only.

#### Ask about ITT's Chicago CityPass!

Visit six attractions at one low price with no ticket lines: the Art Institute of Chicago, the Field Museum, the Museum of Science and Industry, the Adler Planetarium and Astronomy Museum, the Shedd Aquarium and Oceanarium VIP and The Hancock Observatory! \$47-Adult and \$38-Child ages 3-11.

Movies: \$2-Adult (Military or DOD)

\$1-Child (ages 6-11), Free-Under age 6 Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to a "R-Rated" movie must be accompanied by an adult.

**GREAT MOVIES AT A GREAT PRICE!** 

Fri., April 7 6 p.m.



PG~For some peril and brief mild language. (112 Min.)

Fri., April 7 8:30 p.m.



PG 13~For sequences of violent action throughout, partial nudity and language. (85 Min.)

Sat., April 8 6 p.m.



PG 13~For continuous crude and sexual humor, including language. (85 Min.)

Sat., April 8 8:30 p.m.



R~For pervasive strong brutal violence and language, sexuality and drug content. (119 Min.)

Sun., April 9 3:30 p.m.



Madea's **Family** Reunion

PG 13~For mature thematic material, domestic violence, sex and drug references. (112 Min.)

Sun., April 9 6 p.m.



PG 13~For sequences of violent action throughout, partial nudity and language. (85 Min.)

The movie schedule is subject to change without notice. For up-to-date information,

call the MWR Scoop Line at 688-2110, ext. 697,

24 hours-a-day or check the web site at GREAT LAKES. www.mwrgl.com

### Places to dine • Places to go

### Duffer's Den open for weekday lunches

Duffer's Den. located at the Willow Glen Golf Club, is open for weekday lunches. Stop by and try one of the new menu items, like the "Big Boy Hoagie" or a "Breaded Pork or Veal" sandwich.

Past favorites are still being offered like the delicious "Birdie," a char-grilled breast of chicken served on a toasted bun with your choice of sauces like Buffalo

Hot, Barbecue or Creamy Caesar. The traditional best seller at Duffer' Den is the "Burger," a 1/3 lb. char-grilled beef patty topped the way you like it. Friendly service and delicious food is on the menu daily from 11 a.m.-2 p.m. Call Duffer's at 688-2637, if you prefer a "grab & go"





Morale, Welfare & Recreation

### You too can walk on water



By LT. JOSEPH BLAIR CHC, USN

An ancient tale from the Middle East passes down a story about a man who was going to meet his friends. The friends had gone a good distance ahead of him in their boat. So following his meditation time he decided to catch up with them. And because he possessed great power he decided that the most direct way was not by going around to meet them on the other side of the lake but to just walk directly on the water. It would be more efficient.

It was night and the glare of the moon cast across the water as the friends rowed along. The waves and wind had been kicking up and impeding their progress so that it was slow going. During the early hours of the morning, someone sighted their friend walking on the water. But they were

all terrified, thinking it was a ghost. And the friend asked. these grown men all cried out in fear.

But their friend shouted back to them to settle down, identifying himself. One friend called out to him, "If it is really you then let me come out to you on the water." Come on out, the friend said. So he got out of the boat and miraculously, he too was able to walk on the water. Keeping his eyes fixed only on his friend and not looking down, he focused on his goal. He made it about half way but began to notice the water splashing against his knees and the waves making his body sway. He became fearful and lost his focus on the goal of reaching his friend. His focus shifted to the elements around him. He was caught between safe bases and started to sink.

He called to his friend for help and the friend came and pulled him up."Why did you doubt? Why did you lose your focus?"

It seems like these days people try to be so independent, trying to work out all their problems on their own, only to sink deeper and deeper. We, as Americans, can be a prideful and stubborn group.

In order to walk on the water, a supernatural feat to perform, the one friend coming out of the boat had to take a risk. All natural laws say that when a human steps into water, he or she will sink a ways down. Yes, we can float but water cannot support us the way dry land can. The risk was to call out to his friend and ask for the invitation to come.

The next risk was to actually accept the invitation, to get out of the boat and begin walking. So everything that this man knew to be true about Natural Law was suspended and changed in order that he be able to do something supernatural. He got out the boat and took the risk.

There are many people in school within the Great Lakes area who are learning not only a new skill but also a new lifestyle. Part of that lifestyle must involve trust in those who have walked a little longer in their boots. It may feel like there is great risk for you. But I encourage you to take a chance. Step out and walk around a little bit away from your normal everyday ways of operating. You just might discover something miraculous about yourself. If you find yourself sinking, use your resources and call out for help.

And there are also those of us who serve those learners. We should be the trusted resources. When those seekers come to you, I encourage you to pull them up, give them second, third and even more chances to do something miraculous. Be reminded - someone probably did that for you at one time.

### 'Way of the Cross' walk slated for Good Friday

On Good Friday, April 14, at 11:30 a.m., chaplains from TSC and Naval Station will lead all interested in a meditative walk of prayer and scripture readings called the 'Way of the Cross" on Ross Field.

This Way is a means for Christians to

recall and reflect on the events of Jesus' passion, culminating in his death on the cross and burial. While Christians always look forward with hope to the Christ's resurrection on Easter morning, it is also appropriate to remember what Jesus

endured before being raised in glory.

This tradition has its roots in the early Christian pilgrims' walk around the locations in Jerusalem named in the Gospels where Jesus suffered. This year's Way of the Cross is appropriate for Christians of all traditions and denominations. The meditations at each stop on Jesus' way of suffering are marked by readings drawn solely from the Christian scriptures, with the opportunity for all present to sing "Were You There When They Crucified My Lord" as they make their journey from stop to stop on Ross Field.

Those interested should meet in front of Bluejackets Memorial Chapel at 11:30 a.m. on April 14. In case of inclement weather, the Way of the Cross will be conducted inside the Chapel.



L to R: Chaplain Muhm (Roman Catholic), Chaplain Ray (Anglican), Chaplain Allen (Anglican). Chaplains Muhm and Ray are both TSC, and I am NAVSTA.

### **Holy Week and Easter Services**

#### **CATHOLIC**

Thursday April 6;

7:30 p.m., BMC; Stations of the Cross.

Palm Sunday;

9 a.m., BMC, Mass. 10:30 a.m. Naval Hospital.

Noon, FVC; Mass

Holy Thursday;

7:30 p.m., BMC; Mass. Good Friday;

11:30 a.m., Ross Field - Cath/Prot

"The Way of the Cross."

7:30 p.m., BMC;

Liturgy of Lord's Passion.

Holy Saturday;

9 p.m.; BMC; Mass.

Easter Sunday; 9 a.m., BMC Mass. 10:30 a.m., Naval Hospital Mass. 11:30 a.m., FVC, Easter

Egg Hunt. Noon, FVC Mass.

#### **PROTESTANT**

Palm Sunday;

10 a.m., FVC. 10:30 a.m., BMC. 12:15 p.m., BMC (Liturgical).

Wednesday;

Noon, Naval Hospital.

Maundy Thursday;

Noon, Naval Hospital. 6 p.m.,

FVC Agape Feast. RSVP 847-688-3490. 7 p.m., FVC Tenebrae

Good Friday;

11:30 a.m., Ross Field - Cath/Prot

"The Way of the Cross."

7 p.m., FVC. **Easter Sunday**;

6 a.m., Sunrise Service – at Marina

Beach House (FVC/BMC). 7 a.m., BMC, Continental Breakfast.

10 a.m., FVC.

10:30 a.m., BMC

11:30 a.m., FVC, Easter Egg Hunt, noon, BMC = Bluejacket Memorial Chapel FVC = Forrestal Village Chapel

### Command Religious Program Schedule

#### Catholic

#### Sun., 9 a.m. Sunday Mass ......Bluejacket Memorial Chapel Sun., 10:30 a.m. Sunday Mass ................................Naval Hospital All Faiths Chapel Sun., Noon Sunday Mass ......Forrestal Village Chapel Mon.-Fri., 11:45 a.m. Weekday Mass ......Bluejacket Memorial Chapel Sun, 10:30 a.m. Catholics Seeking Christ ......Bluejacket Memorial Chapel

#### Protestant

Wed., Noon Praise, Word and Worship	Naval Hospital All Faiths Chapel
Sun., 10:30 a.m. Contemporary Worship	Bluejacket Memorial Chapel
Sun., 10 a.m. Family Worship Service	Forrestal Village Chapel

#### Church of Jesus Christ of Latter Day Saints

Great Lakes chaplains are happy to help you find a place of worship according to your tradition and needs.

#### Liturgical Protestant

Sun., 8 a.m., Holy Eucharisit . . . . . . . . . . . . . . . . . Forrestal Village Chapel 

Chaplains Allen (at Forrestal) and Ray (at Bluejackets) lead these services and are both Anglican priests. Worship follows the forms of the Book of Common Prayer and should be familiar to most Christians of a liturgical background. Holy Communion is open to all baptized Christians who seek and recognize the presence of Christ in the Eucharist.

#### Chapels

• Bluejacket Memorial Chapel - Bldg. 3, NTC • Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village • Naval Hospital All Faiths Chapel, Wing 2 South • For More Information about any of the services or events listed in this schedule, call 688-5610

### **League Standings**

#### Stats as of March 31

#### 2006 Captain's Cup Basketball League **Bldg. 440**

TEAM	#NAME	<b>TEAM</b>
RECORD		
6	RTC – Wolverines	17 - 0
4	Great Lakes Ballers	16 – 1*
7	Franchise - Hospital	13 – 3*
5A	TSC – Preble	11 - 4
7A	Security - TopNotch	11 - 4
10	Hotboyz – Hospital	11 - 5
3	ATT – Rockets	11 - 6
9A	TPU – Ballers	10 - 6
3A	Marines	9 - 8*

Top 50% will play Double elimination Tournament (head-to-head competition will be the tiebreaker). Bottom 50% will play Constellation Single Elimination Tournament - Playoffs begin April 11.

8A	Anesthetics –Hospital	7 - 8	
1A	TSC – Cole	7 - 8*	
8	CNE - CBT	7 - 10	
6A	PSD	5 - 11	
9	TSC 838 New Jersey	4 - 13	
2	TSC – HQ STAFF	2 - 13*	
4A	NAVFAC	2 - 13**	
5	TSC – USS Mustin	1 - 12*	
2A	+TSC - Decatur	3 - 13	
1	+NRC - Chicago	2 - 10	
*Missed game			
+Out of League			

#### 2006 Captain's Cup Volleyball League Bldg. 4

Double Elimination Playoffs beginning April 3. April 3

(2) RTC [17 - 7] vs. (3) TSC  $-2^{nd}$  Fleet [16 - 11](4) Army [15 – 12] vs. (5) TSC – CID Bombers [14 – 13]

5 April 06

(1) ATT [24 - 0] plays Winner of (4) - (5)

Loser Game 1 / Game 3 Constellation Single Elimination Tournament – Playoffs 3 April 06 April 3. (6) TSC – USS Preble Snipes (12 – 12) (9) TSC - USS Mustin (8 - 19)April 5 (7) CNE – CBT (10 - 17) vs. (8)TSC –

#### 2006 Intramural Racquetball League Bldg. 4

Constellation Winners play 10 April

CFL Spiders (9-18)

<u>#</u>	<u>NAME</u>	Record		
4	Benson	21 - 3		
6	Jasinsk	19 - 5		
3	Clark	21 - 6		
5	Suara	15 - 9		
2	Staples	1 – 26*		
Injured FM				
1	Howard	0 - 0		
4 Player's resigned and forfeited matches				
(FM)				

#### 2006 Intramural Soccer League Bldg. 4

#	NAME	Record	GF	GA
6	USS -Preble	3-0-1	23	6
2	Pumas	3 - 0	21	7
3	NAVFAC	2 - 2	9	12
4	BEQ 839	2-1-1	16	10
1	Bonhomme	0 - 3	10	33
5	TMNT		0 - 4	6
17				

2006 80 H Basketball League Bldg. 80 H Congratulations to Class 80 for being the League Champions at 80H

#### 2006 Intramural Dodgeball League Bldg. 4

Congratulations to Ship 4 Boys for being the Intramural Dodge Ball Champions.

#### Great Lakes Fitness Center

Bldg. 2A, 688-5649

All event/league registrations and manager's meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.

#### 2006 Captain's Cup Intramural Golf Meeting

An organizational meeting for this year's Captain's Cup Intramural Golf League will be held on Wed., April 19 at 4 p.m. in the Willow Glen Golf Clubhouse. Commands interested in fielding a team should send at least one representative. Individuals looking for a team are also encouraged to attend. The league begins play on Tues., May 23. Four players from each team will participate each week, playing nine holes of golf with tee times beginning at 2 p.m. The league ends in early August. For more information, contact Tom Baness, League Coordinator, at 847-688-4593.

#### **Fitness Center**

The Great Lakes Fitness Center is a complete, state-of-the-art health and fitness center. Special features of the Center include a "Weight Room" area that boosts over 75 weight machines, 4,500 pounds of weight plates, as well as Body Master plate-load equipment. The "Cardio Room' includes Treadmills, Crosstrainers (Elipticals), Lifecycles, Stepmills and more - complimented by 32" flat screen TV's for viewing pleasure while working out. An Aerobics and Spin Studio offer

various group exercise classes. Massage Therapy is available during the week and appointments can be made at the Front Desk.

Plus, saunas, and locker and towel ser-



able. The Naval Hospital Health Promotion Office is also located in the Great

Lakes Fitness Center. Hours ... Mon.-Thurs. 5 a.m.-9:30 p.m.; Fri. 5 a.m.-8 p.m.; Sat. 7 a.m.-6 p.m.; Sun. 11 a.m.-5 p.m. Holiday hours will be posted

Massage Therapist - Sports Massage, Swedish Massage, Therapeutic Massage and Hot/Cold Stone Massage! Make an appointment with our Massage Therapist today! Stop in for a 5-minute "Chair Massage Tune-Up" (when Therapist is available) on Monday and Wednesday, 3-6 p.m. and Friday, 11 a.m.-1 p.m. "New" weekend times are now open - by paid appointments, ONLY. Call the Great Lakes Fitness Center at 688-5649 for times and availability.

#### **Aerobics Classes**

Aerobics fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes

> are subject to change without notice. All classes take place in the Aerobics/Spin Studio at the Great Lakes Fitness Center. Step - Tues. & Thurs. 11:40 a.m.-

Spin Classes take place in the Fitness Center's Spinning Studio. Advance sign-ups are recommended for this program. Mon., Wed. & Fri. 11:45 a.m.-12:30 p.m.;

Mon. & Wed. 4:30-5:15 p.m. Yoga -Tues. & Thurs. 6 p.m. - 7 p.m. Pilates -Mon. & Wed. 11:30 a.m.-12:30 p.m. Power Lift - Tues. & Thurs. 5-6 p.m.

Coming Soon ... Family Yoga!

### Attention duffers: 2006 golf fees

Over the last few years, the landscape at the Willow Glen Golf Club has changed dramatically. In 1998, the first 9-holes were remodeled, and then again in 2004 when a new back 9-holes were built. These course improvements have transformed Willow Glen into a top-notch, championship golf course.

This year appears to be full of new changes, as well. In January 2006, a \$4 million contract was awarded to construct a new golf clubhouse. Construction is anticipated to begin in the late summer months. The design boasts a larger golf shop and dining facility, with underground parking for electric golf carts.

**Spring Golf is Here...** It's time to get those clubs out hiding and clean them up in preparation for another exciting season of golf at the Willow Glen Golf Artist's rendering, subject to

Located on Rt.137 (Buckley Rd) between Rt. 41 and Green Bay Rd., Willow Glen is home to 18-holes of championship golf on over 125 acres of manicured grass. The layout features challenging greens with beautiful fairways surrounded by landscaped mounds and trees. Several picturesque ponds and over 40 sand bunkers add to the beauty and difficulty of the course. Call the Pro Shop at 688-4593 for further information.

2006 Golf Fees....

Military/Retired:

Weekdays; 18 holes, \$18; 9 holes, \$10; after 4 p.m., \$10.

Weekends & Holidays; 18 holes, \$20; 9 holes after 11 a.m., \$11; after 4 p.m. \$11. DoD/Vets:

Weekdays; 18 holes, \$23; 9 holes, \$14; after 4 p.m., \$14.

Weekends & holidays; 18 holes, \$28; 9 holes after 11 a.m., \$16; after 4 p.m. \$16. Guests:

Weekdays; 18 holes, \$29; 9 holes, \$17; after 4 p.m., \$17.

Weekends & Holidays; 18 holes, \$34; 9 holes after 11 a,m,, \$20; after 11 a.m. \$20. Juniors (17-under) pay half price -

except before 2 p.m. on weekends/holidays. Carts (per person): Military/Retired: 18 holes, \$10; 9 holes, \$6. DoD/Vet: 18 holes, \$11; 9 holes. \$7. Guests: 18 holes, \$14; 9 holes, \$9.

Weekdays "stop in" Duffer's for a delicious lunch! Duffer's Den Restaurant and Lounge, the infamous "19th Hole" at Willow Glen Golf Club, is open again for weekday lunches. As the weather improves, the hours of operation for the Restaurant and Lounge will expand. Lunch service begins at 11 a.m. and ends at 2 p.m. The Duffer's staff encourages "all" to stop by and sample the new menu items, or simply enjoy some of the traditional favorites. Call Duffer's at 688-2637, if you prefer a "grab & go" lunch.

### Navy program steps up to fitness

MILLINGTON, Tenn. (NNS) — The Spring physical readiness test (PRT) cycle is upon us, however the Navy's goal is more than Sailors passing their semi-annual test, it's to develop a culture of fit Sailors, prepared and ready for any mission.

"The goal is that everyone from the highest-ranking admiral to the newest seaman recruit is motivated to adopt a personal plan to get fit, stay fit and set an example of physical readiness others want to follow," said Vice Adm. J. C. Harvey, Jr., Chief of Naval Personnel. "We simply cannot afford to have a Navy that isn't 100 percent lean, fit and ready to take the fight to our enemies at a moment's notice.'

A fit force increases the wellness and productivity of personnel and decreases lost man-hours, explained Heather Pouncey, head of Navy's Physical Readiness Branch.

"It is about mission readiness. In order to fill the roles in Iraq and Afghanistan, Sailors need to be in shape and be ready to respond when called upon. A fit Sailor is a healthier Sailor and it's going to improve the productivity of the command," Pouncey

In order to assist Sailors in this effort, the Navy is working to provide the right tools and resources to Sailors, so they can

stay fit and be more combat effective and improve their individual readiness.

"This culture is much more than getting to the gym three times a week for 60 minutes. It's leadership's responsibility to provide a positive climate that promotes health and fitness," Harvey said. "Commands must develop a covenant with Sailors to ensure they are able to meet their fitness goals, including providing the time and tools, and leaders, from the deck plate on up, must provide a positive climate that promotes health and fitness.'

This idea of a "culture of fitness" is growing rapidly and moving in a new direction, according to Capt. Mike Osborne, director of Wellness and Prevention Programs Divisions at Navy Personnel Command. It has been extended to include a culture of wellness.

Whenever you think of wellness, you think of good health, but we go beyond just physical health," Osborne said. "We look at it as an umbrella of wellness where we are looking at a Sailor in a holistic approach mind, body and soul or emotion.'

By including programs such as nutrition, tobacco cessation, drug and alcohol abuse prevention, stress management and suicide prevention, the Navy invests in and benefits from the whole Sailor and balances all aspects of wellness.

# Three documents in one portable, pocket booklet

By LT. CMDR. YOUSSEF H. ABOUL-ENEIN Bulletin Book Reviewer

The Declaration of Independence and the Constitution of the United States of America. Georgetown University Press, 80 pages, 2003. Preface by Cass Sustein.

There are many pocket Constitutions

of the United States, a proliferation of them were given to the public in 1987 on the 200th anniversary of the drafting of this seminal document.

Not to read the Constitution and delve a little into its history is to miss a key aspect of the American character and the miracle of its governance that is always a work in progress.

To understand the Constitution requires putting together the Declaration of Independence and the Virginia Statute for the

Establishment of Religious Freedoms, both documents authored primarily by Jefferson.

Georgetown University Press puts all three documents together into a portable pocket booklet.

The booklet opens with a preface by Cass Sustein of the University of Chicago who reminds readers the United States was created by the Declaration of Independence, but the Declaration, that is much quoted, is not law. Our nation is governed by the Constitution that creates our rights and the institutions that guarantee our individual liberties.

Why the Constitution was drafted in

To understand that question, readers are reminded that the United States was

united in name only under the Articles of Confederation, each state in the union acted as its own army, treasury, and state department. Americans could not count on uniformity when traveling from Delaware to Georgia. If the United States was to endure it needed some degree of centralization

The system of checks and balances

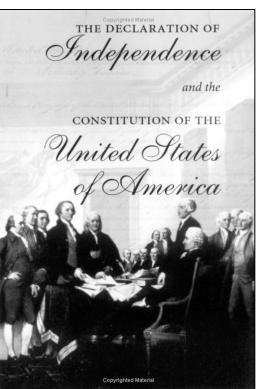
was designed to preserve liberty by allowing two sets of government to control one another, the booklet reminds us. I take this further by saying the checks and balances are not only in the executive, legislative and judicial branches of government but state versus federal authority, and within the executive interagency process varying where opinions from different federal agencies are proposed, discussed and debated.

T h e Constitution is not an ancient document but a

living one that evolves with the times. The evidence are the 18 amendments added to it since the Bill of Rights was appended to the document. These amendments address slavery, voter's rights, and women's rights to name a few.

The Virginia Statute for Religious Freedom is the hallmark document that separates Church from State. The United States has been lucky in avoiding the violence over religion that characterized fourteenth century Europe and the modern-day Middle East. The booklet contains a reading list of 17 books to enhance your understanding of America's seminal documents.

Editor's Note: LCDR Aboul-Enein is a Middle East Policy Advisor at the Office of the Secretary of Defense for International Security Policy.





# Your "Home Away From Home" For current program info see Web site: www.uso.org/Illinois

Your USO Great Lakes "Home Away From Home" Has So Much to Offer!.

Six computers with Internet, printers and fax (\$1 per hr)

A library with books and magazines you can take with you! FREE

Quiet study rooms large enough for groups.

Big screen movie rooms with all the latest movies. FREE!

Four Pool tables FREE!

A Music Room with guitars, drum set, keyboard and amps. FREE!
Art Room loaded with art supplies. FREE!
Play station 2, N-64 and X-Box with all the latest games. FREE!
NO DOUGH DINNER/KAROKE! We feed you the night before payday!
Don't forget "No-Dough" dinner the night before each payday at 5:30 p.m.

#### NAVY PIER TICKET INFORMATION

The Standard I-Max tickets: Regular price \$10.50. USO Price is \$5.

Standard tickets cover the 50-minute, 3-D movie.

Tickets are available for purchase at the Navy Pier USO.

The Premier I-Max Tickets: Regular price \$14.50. USO Price is \$8.

Premier tickets cover full-length movies and are available for purchase at the Navy Pier USO.

The 3-D Thrill Ride offers discounts when presenting a military ID.

The Sea Dog offers discounts when presenting a military ID.

The Shoreline Water taxi is free for military in uniform.

The Tall Ship Windy offers free rides to military in Uniform.

For information on all USO, special events go to www.uso.org/Illinois and click on link to Special Events or the link for the Calendar of Events. The Great Lakes USO is Located in Building 27 on the Great Lakes Naval Station near the Front Gate. The hours of operation for center usage are Monday-Friday 1500-2100 and Saturday and Sunday 1100-2100. The USO is open Monday – Friday from 0800-1500 for outreach programs, ticket programs, and general assistance. For any questions or comments, call (847) 688-5591. Serving Our Troops Since 1941: The mission of the Corporation is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities.

### Navy Reserve Centers now Navy Operational Support Centers

By JO1(SW/AW) ROB KERNS Commander, Naval Reserve Force Public Affairs

NEW ORLEANS (NNS) — As of March 22, all Navy Reserve Centers will now be called Navy Operational Support Centers (NOSC)s.

According to OPNAV NOTICE 5450, the name was a result of the Navy's vision for the center's name to more accurately describe the integrated role Reserve forces play in the day-to-day planning and operational requirements of the Navy.

According to Commander, Navy

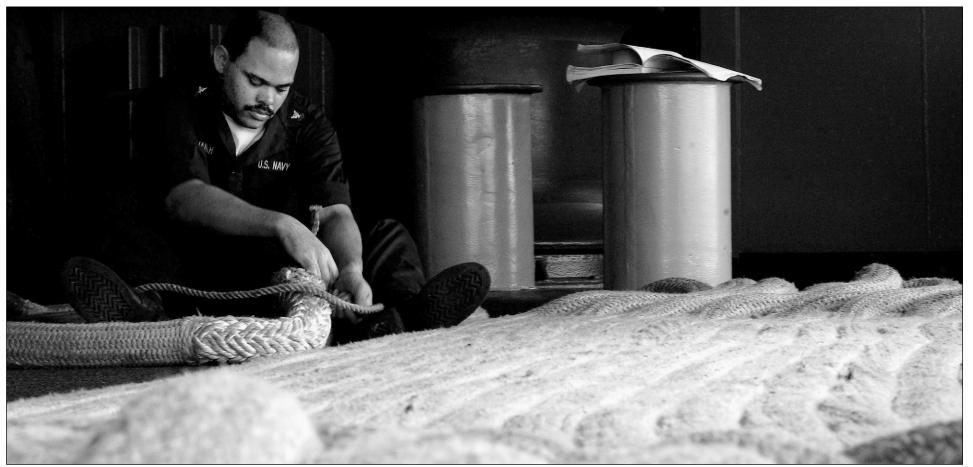
Reserve Forces Command Rear Adm. Craig O. McDonald, the NOSCs provide ready and fully integrated Sailors to the fleet on a daily basis.

"The name change is to show what the NOSCs actually do for the Navy. The mission will stay the same," said McDonald.

The change does not affect Marine Corps Reserve Centers.

Naval Air Reserve commands are also renamed NOSCs and placed under appropriate Reserve Readiness Commands as Echelon V commands.

The official notice can be found at http://navyreserve.navy.mil/.



Line handling

Persian Gulf - BM2 Jayson Hanna splices a mooring line on the fantail aboard Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76). U.S. Navy photo by PHAN Benjamin Brossard

